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[Diet in diabetes and obesity]

[Article in Bulgarian]

Tsanev A.

The interrelations between obesity and diabetes mellitus are discussed. Age type diabetes was established in 80-90 per cent of all diabetics. 80-90 per cent of them being with overweight. On the other hand, the incidence of latent and manifested diabetes among the patients with obesity is 10 times higher as compared with the rest of the population. The role of increased insulin secretion is stressed upon as well as the reduced concentration of insulin receptors in the pathogenesis of the reduced glucose tolerance in diabetes. The purpose of dietetic treatment of diabetes, second type, combined with obesity, is to reach the normal body weight. A diet of 20 kcal/kg is recommended for that purpose. The calories of carbohydrates are increased to 55 per cent with the present diet and at the same time, the calories from lipids are reduced to 25-35 per cent. The carbohydrates are taken in the form of polysaccharides, with increased content of fibres. The ratio between unsaturated and saturated fatty acids should be 1.

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